

What's Happening?

A NEWSLETTER

FOR THE EMPLOYEES OF MAINE MEDICAL CENTER

MMC takes part in major breast cancer trial

Maine Medical Center will soon be recruiting volunteers for the Study of Tamoxifen and Raloxifene, or STAR, one of the largest breast cancer prevention studies ever. The study, sponsored by the National Surgical Adjuvant Breast and Bowel Project and supported by the National Cancer Institute, will include 22,000 postmenopausal women at more than 400 centers across the United States, Canada, and Puerto Rico.

The STAR trial will com-

pare the effectiveness of tamoxifen (Nolvadex) with raloxifene (Evista) in reducing a woman's risk of developing breast cancer.

"We're excited about bringing this important study to our region," says Tracey Weisberg, M.D., of the Maine Center for Cancer Medicine. "Women everywhere are at risk for breast cancer, and we're pleased that women in our area will have the opportunity to participate in STAR.

STAR, SEE P.4

MaineHealth sponsors Maine PBS program

MaineHealth is the major sponsor of the Maine PBS program *Maine OnHealth: Prostate Cancer*, airing Wednesday, June 23, at 2000 hours. This live, one-hour program will explore the causes, treatments, and options available to men and their families. Through a combination of documentary-style segments (some filmed at MMC), expert panelists, and viewer call-in opportunities, the program will build awareness and provide information and understanding of prostate cancer.

Following *Maine OnHealth*, PBS will air *Prostate Cancer: A Journey of Hope*. This documentary, to be shown at 2100 hours, is an intimate look at a group of eight men and their families, as well as medical professionals, as they strive to understand and treat this disease. Viewers will learn about prostate cancer from the very different perspectives medical professionals and patients have to share.

These two programs will both air on Channel 10.

MMC's Children's Miracle Network breaks record!

How did you spend the beautiful sunny weekend? Hundreds of Mainers spent at least part of it making their pledges to Maine Medical Center's Children's Miracle Network. During the annual Children's Miracle Network Broadcast June 5 & 6, children's programs and services at MMC received a tremendous show of community support. The Broadcast, aired locally by WGME 13, reached a record high of \$486,241! Funds raised will be allocated to a wide variety of children's

services at the hospital.

The Broadcast was hosted by WGME's Kim Block, Dave Eid, Amy Sinclair, and Patsy Wiggins. Many children and their families appeared on the show, expressing their heartfelt thanks for the compassionate care they received at Maine Medical Center. Their personal appeals motivated hundreds of viewers to make a pledge in support of children's programs and services at the hospital.

During the Broadcast,

BROADCAST, SEE P.6

Spring Harbor Hospital Board of Trustees named

The full Board of Trustees of Spring Harbor Hospital of Maine Medical Center is now in place.

In keeping with its not-for-profit community service philosophy, the family of mental health and chemical dependency treatment programs provides services that are accessible to all, regardless of ability to pay. The Board of Trustees will help ensure the programs Spring Harbor offers are responsive to community needs.

"The Spring Harbor Board is wonderfully diverse," said Meg Baxter, chair. "Representation runs the gamut from those who have hospital governing-board background to those with first-hand knowledge of mental illness or substance abuse. The Board also draws representation from every corner of southern and central Maine. All of the trustees bring to the Board an exceptional passion for enhancing the state of mental health care delivery at Spring Harbor and across Maine."

In addition to Baxter, who is from Cape Elizabeth, the Board's officers include former Portland mayor Anne B. Pringle, vice chair; and Richard Carriuolo of Cape Elizabeth, secretary.

Board members also include Richard D. Aronson, Falmouth; Rosalyne S. Bernstein, Portland; Christine DeSantis, South Portland; Ann B. Donaghy, Yarmouth; Joseph R.D. deKay, DO, Hiram; Janine Elkanich, Biddeford; Kaye

Flanagan, Manchester; Joan Houghton, Cape Elizabeth; David Lakari, Portland; Paul M. Marsh, LCSW, Portland; Ric Marshall, Portland; William L. Medd, MD, Norway; Mary K. Purington, Portland; Richard B. Reebenacker, Portland; Brian Rines, PhD, South Gardiner; Cheryl Lee Rust, Wiscasset; Michael J. Strout, Falmouth; and Mark R. Swann, Portland.

Among the new Board's first orders of business was the delivery of a message of appreciation and support to the Spring Harbor staff. "We wanted them to know how much we respected their dedication to patient care throughout their months of turmoil and uncertainty," Baxter explained. "We also wanted to demonstrate how committed we are to moving forward and supporting them in what they do best: offering care and hope to some of our community's most seriously ill patients."

Baxter said additional priorities of the Board are helping set direction for the Spring Harbor network of services as it prepares to more closely integrate with programs offered by Maine Medical Center and other mental health caregivers in the community. The ultimate goal of Spring Harbor is to provide a framework for a fully integrated regional mental health care system for the people of Maine.

Spring Harbor's services

SPRING HARBOR, SEE P.5

Cardiologist awarded for distinguished service

Cardiovascular specialist Paul R. Minton, MD, has been awarded a 1999 Distinguished Service Award by the Northern New England Tri-state Chapter of the American College of Cardiology.

The biennial award recognizes long-standing professional contributions and dedication to the advancement of cardiovascular medicine in northern New England.

Award recipients were chosen from nominees submitted by fellow Chapter members in Maine, New Hampshire, and Vermont.

Dr. Minton asked that his \$500 award grant be forwarded to MMC's Medical Library. In his letter of request to the Chapter, Dr. Minton lauded staff librarians for "their unfailing efforts to provide prompt and thorough educational support and assistance to practicing, resident, and student physiciansI am pleased to show them my appreciation for the help they have provided to me over the years."

Dr. Minton's nomination for this honor included the following: "He has been a model for how to establish a therapeutic and lasting doctor-patient relationship. He has been a doctor's doctor....He has been highly respected as a clinician, teacher, scientist, and administrator."

Prescription to Read

It's time to give patients a **Prescription to Read!** MaineHealth, in collaboration with Bookland, Literacy Volunteers of America-Maine, Southern Maine Library District, The Barbara Bush Children's Hospital at MMC, and the Maine Humanities Council, proudly presents **Prescription to Read: A Pilot Project to Involve Doctors in Family Literacy.**

Funded through a grant from the Maine Humanities Council, the goal of this project is to get healthcare providers involved in emphasizing reading to their young patients and families. Similar to the MMC Pediatric Clinic's **Reach Out and Read Program**, **Prescription to Read** asks providers to discuss reading during well child and acute visits. Providers then give out an actual "prescription".

In addition to mentioning local library resources, this prescription is good for 20%

off a purchase at Bookland. It also makes lists of recommended books available to providers and patients. Some of these books will be placed in participating offices in a "waiting room collection". Sites participating currently include the Maine Medical Center Family Practice Center on India Street, Greater Portland Pediatric Associates (Park Avenue), Intermed - Pediatrics (Stroudwater Crossing), and Stephen Kirsh, MD, (Scarborough). At the end of the pilot, the project's success will be evaluated for consideration of possible expansion to other offices.

Prescription to Read is truly a multi-disciplinary effort; steering committee members include: Kathie Harper, Project Director; Lisa Belisle, MD, Medical Advisor; Carolyn Jenks, Project Scholar; Shirley Helfrich, Southern Maine Library District; Rhonda Lamb, MaineHealth Learning

PRESCRIPTION, SEE P.4

Robinson named VPMA of Spring Harbor Hospital

The new Vice President of Medical Affairs at Spring Harbor Hospital of Maine Medical Center is Girard (Jerry) E. Robinson, MD.

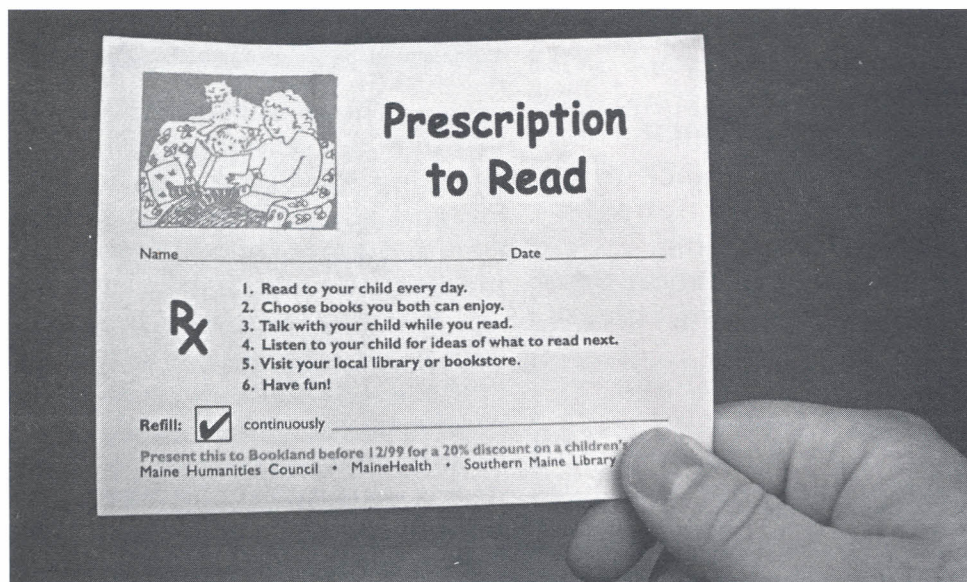


Dr. Robinson has been Director of MMC's Inpatient Psychiatry Division and Adolescent Inpatient Program

ROBINSON, SEE P.5

MMC TV ad wins award

One of Maine Medical Center's recent television ads was so good it caught the notice of the Advertising Club of Greater Portland. MMC's advertising agency, Creative Design & Marketing, won a 1999 Broderon Award for the ad for Children's Care produced last fall. The ad was shot in the Barbara Bush Children's Hospital Inpatient Unit prior to its opening and featured staff from a variety of pediatric services.



STAR, FROM P.1

Maine Medical Center and our physician group are committed to making the very latest treatments available to our patients, and taking part in this kind of study is an important part of that commitment. It keeps us on the leading edge of knowledge in this critical area."

Tamoxifen was shown to reduce the chance of developing breast cancer by about half in the Breast Cancer Prevention Trial (BCPT), which was announced a year ago. It is currently the only established medication to reduce the chance of breast cancer.

Raloxifene was approved for use in osteoporosis prevention in 1997, but it is similar to tamoxifen and may also help prevent breast cancer. The study will determine if it is as effective as tamoxifen, and also whether it has — as is suspected — fewer side effects. Side effects associated with tamoxifen have included endometrial cancer, deep vein thrombosis, pulmonary embolism, and possibly stroke.

"The only way to determine the relative safety and efficacy of the two drugs is with a side-by-side trial," Dr. Weisberg says. "Certainly it would be a major step forward to find a drug that reduced a woman's chances of developing breast cancer but did not cause some of the significant side effects that have been associated with tamoxifen."

Women eligible for STAR must be postmenopausal, at least age 35, and have an increased risk of breast cancer as determined by their age, family history of breast cancer,

personal medical history, age at first menstrual period, and age at first live birth. The study is a randomized, double-blind trial, which means that half of the participating women will receive tamoxifen and the other half raloxifene, and neither they nor their physicians will know which. Participating women will also receive mammograms and gynecologic exams during the course of the five-year study.

Recruitment of participants will begin July 1, 1999. Interested women may contact the Maine Center for Cancer Medicine at 885-7600 or the MMC Breast Care Center at 885-7760 for further information.

PRESCRIPTION, FROM P.3

Resource Centers; Kathy Berube, The Barbara Bush Children's Hospital at MMC; and Laura Coombs, Literacy Volunteers of America-Maine. Because of the importance of literacy in adult life and reading in the development of skills, programs of this type are springing up across the country. **Prescription to Read** is an exciting opportunity to capitalize on this movement, and a chance to give patients a prescription they'll never stop using.

For more information on **Prescription to Read**, please contact:

MaineHealth Learning
Resource Center
5 Bucknam Road, Suite 1A
Falmouth, ME 04105
781-1730

MMC awarded grant for women's program

MMC's Division of Endocrinology and Department of Obstetrics and Gynecology have received a \$40,000 grant from Wyeth-Ayerst to fund a Women's Health Program for southern Maine.

"The Women's Health Program will enable women and their healthcare providers to be more effective partners in medical care," says Daniel Spratt, MD, the program's administrator. "The program will provide courses, lectures, and resource materials to the public as well as to physicians and other healthcare providers on a range of women's healthcare issues."

The events and materials will address the complex and sometimes confusing choices surrounding such topics as fertility and menopause. Initial community education courses and materials will focus on osteoporosis, fertility, menstrual disorders, and understanding the transition and treatment choices in menopause. These will be offered through the MaineHealth Learning Resource Centers located at the Falmouth Family Health Center and Maine Medical Center-Scarborough.

Wyeth-Ayerst is a major research-oriented pharmaceutical company with leading products in areas of women's health, central nervous system drugs, cardiovascular therapy, oncology products, anti-infectives, rheumatoid arthritis and osteoarthritis agents,

GRANT, SEE P.8

ROBINSON, FROM P.3

since 1991, and is also Clinical Associate Professor at the University of Vermont College of Medicine. Previously, he served as MMC's Assistant Director of Inpatient Psychiatry.

A 1981 graduate of the State University of New York at Buffalo School of Medicine, Dr. Robinson completed his internship, psychiatry residency, and a fellowship in child psychiatry at the New York Hospital Payne Whitney Clinic. Board-certified in child psychiatry, Dr. Robinson's special interests include adolescent and inpatient psychiatry, psychopharmacology, and psychotherapy.

Spring Harbor is a newly forming network of mental health and substance abuse care services brought about by Maine Medical Center's purchase of Jackson Brook Institute and Smith House counseling centers.

Cool off with an ice cream!

The Coffee Shop offers a weekly ice cream special all summer.

SPRING HARBOR, FROM P.2

include inpatient mental health and substance abuse care offered at 175 Running Hill Road in South Portland; partial hospital and intensive outpatient programs for mental illness, chemical dependency, and dual diagnosis provided at Roundwood Drive in Scarborough; and outpatient counseling (including individual, couple, group, and family therapy) offered at offices in York, Portland, Scarborough, and Augusta.

MMC Family Practice Center Block Party

**Saturday, August 7, 1000 -- 1400 hours
India Street (just below Congress Street)**

**MMC Family Practice celebrates their new building
at 272 Congress Street
(the old Levinsky's location)**

Come for

- **health screenings**
- **tours of the new building**
- **live entertainment**
- **games for the kids**

**All are welcome to join in this celebration of care and
community in Portland's East End!
Raindate: August 14. Call 871-2196 fmi.**

Journey to Excellence

Communications Team

Feel free to pass on ideas and feedback about the Journey to Excellence to these Communications Team members:

Joanne Meserve, Environmental Services; **Dierdre Stedman**, Pharmacy; **Donald Bernier**, Engineering; **Beverly MacLean**, Emergency; **Candy Kucharik**, Medicine; **Kate Wurgler, RN**, Emergency; **Grace Bryant, RN**, Night Supervisor; **Peggy Farr, RN**, Evening Supervisor; **Sharon Shearer, RN, CICU**; **Ed Hawkes**, Unit Secretary, Float Pool; **Bonnie Boivin, RN**, Float Pool; **Sunny Bradford**, Human Resources; **Pudgie Preston**, Materials Management; **Rhonda Vosmus**, Respiratory Therapy; **Mary Woodward, RT(R)**, Radiology; **Jay Westra, RN**, Pediatrics; **Sharon Farrell**, Food Services; **Laurie Davis**, Human Resources; **Wayne Clark**, Chair, Public Information; **Tracey Higgins**, Project Support Team; **Melissa McCain**, CSC Healthcare.

FRESHSTART

Free six-week stop smoking group

Dana Center Classroom 9, Wednesdays, 1600-1730 hours

June 16-July 21

**To register or for more information, call
Pulmonary/Critical Care Medicine at 871-3130.**

MPC is committed to Maine's Promise

The Maine Poison Center has been recognized for registering a "Commitment to Maine's Promise" to ensure a safe place is available to Maine's Children.

The list of 189 organizations and businesses appearing on the Maine's Promise website includes this entry for the Poison Center: "The Maine Poison Center is committed to providing Maine people with poison prevention information and treatment recommendations for possible exposures."

Each year, the Poison Center receives more than 25,000 calls on its 24-hour toll-free hotline from all over the state from parents, babysitters, healthcare professionals, and emergency personnel.

Pediatric Advanced Life Support (PALS) Course

**Next available dates:
September 21 & 23**

Advanced Cardiac Life Support (ACLS) Course

**Next available dates:
September 14 & 28
or
October 19 & 26**

**Courses held at Turning Point
and sponsored by**

**Sandra Bagwell, MD, Chief,
Department of Critical Care, &
David Kissin, BS, RRT,
Course Manager**

**Call Cheryl Bickford, Course
Coordinator, 871-4173, for details.**

Maine Medical Center's Employee Assistance Program

It's there for you.

**For a confidential appointment,
call 761-8345.**

**930 Congress Street, 3rd floor
(across from Gilman Garage)**

All welcome at Ethics Forums

The Clinical Ethics Committee holds forums each month, with a medical department leader discussing frequently encountered ethical issues. Anyone interested is invited to listen in, ask questions, make comments, and, in the process, learn.

One such forum takes place Wednesday, July 14, with Daniel S. Sobel, MD, Director, Division of Neonatology. Another will be held Wednesday, August 11, featuring Susan Williams, Director, Training and Development, Human Resources. The sessions take place in Dana Center Classroom 3 from 1500 to 1600 hours.

Call 871-2352 for questions.

Epilepsy information, support available

The Epilepsy Resource Center in Portland has materials to help anyone in the state who is dealing with epilepsy. Many videotapes and other resources are available by calling 1-800-660-7832. The phone is answered by someone who has epilepsy.

Support groups meet regularly in Portland, Bangor, and Damariscotta. For information, call the Resource Center. Anyone with epilepsy/seizures and their family members, friends, or co-workers are invited to attend the support groups.

BROADCAST, FROM P.1

Maine Medical Center President and Chief Executive Officer Vincent S. Conti told viewers how grateful the hospital is for the support of the community. Activities at the Children's Area at the Old Port Festival brought \$6,000 alone.

The Children's Miracle Network is an international organization whose membership is made up of more than 160 hospitals caring for children. Maine Medical Center joined the Network in 1990 and has raised more than \$2,500,000 since then. One hundred percent of all the funds raised by Maine Medical Center stay in Maine and are used exclusively to support children's programs and services at the medical center. For more information about Maine Medical Center's Children's Miracle Network, call 871-2101, or write to: Maine Medical Center's Children's Miracle Network 22 Bramhall Street Portland, ME 04102

**Visit MMC's Intranet website:
home.mmc.org**

Marketplace

In order to ensure that everyone has an opportunity to use the Marketplace, ads may be placed *once only*. Repeats will be permitted only on a space-available basis.

FOR SALE

1994 White Nissan Maxima black leather interior mint condition. Remote control starter, 6 CD changer, cell phone, bra, well maintained. \$9,000. Call 878-2025.

1979 Chevy Itasca 24 ft Class C motorhome - 55K original mls, new tires, radiator, power brakes, power steering. \$6,000 or BO; 1987 Ford Econoline 150 Van - 100K mls. \$800 or BO; 1989 Polaris Indy 500 Classic snowmobile 4K mls. Asking \$1,300 or BO; 1985 Oldsmobile wagon 101K mls, all power, cruise control, tilt wheel, A/C, new tires, starter and radiator, very well maintained. \$800 or BO. Call 883-4232.

1991 Plymouth Sundance, 4 door, 86K, white, reliable. Blue book 3400, asking \$2,200. Call 780-8623 leave message.

1987 Ford Escort Wagon, A/C, 35K miles, 5 spd, roof rack, rr wiper & defrost. Must sell \$9,199 OBRO. Call 856-6274. Kenmore washer & dryer, heavy duty, 60 series, large capacity, used less than 2 years. \$350 for the pair.

Diamond marquee engagement ring, have paper work. Paid \$1,000. Will take best offer. Please call 934-5278.

1994 Chevy S10 shortbed w/ liner, sliding rear window. Reliable, 5 spd, 4 cyl standard. Power steering, AM/FM cassette, new tires and battery. Split bench cloth seats, sticker, 58K mls. \$5,750. Call 773-9037.

Buy our banked timeshare week for \$250. All fees paid. Call 883-4680, leave message. 1984 Ford Mustang SVO, black, 4 cyl turbo, intercooler, PW/PL/PS/PB, leather seats, AM/FM cassette, fog lights, driven only summer, exc cond. 96K. \$6,000. Call 637-2430.

FOR RENT

Carriage house w/2BR, lrg kitchen, DR/LR, private fenced yard, washer/dryer hook-up, garage, no utilities, non-smoking. Located in great neighborhood in Woodfords area. \$900 per mth available June 15. Call 253-5191.

3 rooms in quiet suburban house w/privileges to: parking, laundry, garden, yard, kitchen & shower. \$75 per week plus \$75 security deposit. References. Call 797-0384 10 a.m. to 10 p.m.

3-4 BR Victorian house. Quiet, safe neighborhood in So Portland, near beaches. Gorgeous sunny home w/wrap-around porch, garden. \$1,325 per mth/lease. Available Sept 1st. Call 450-5110.

Intown west-end house. 2-3 BR, 2 BA, lrg kitchen, off street parking for 2 cars, walking distance to MMC. \$800/mth plus utilities. Call 741-9148.

Peaks Island year round home. Available during mth of August, \$600/wk. Sleeps 6, fully furnished and equipped. 10 minute walk to ferry, downtown grocery store, restaurants and beaches. Call 766-2571.

Elegant apt. in historic row house within walking distance of the hospital. Formal LR and DR, modern kitchen, 2 full BA, washer-dryer, plus much more. \$1,025 includes utilities except nominal electricity charge.

The deadlines for announcement-length items and **MARKETPLACE** are June 23 for the July 7 issue and

July 7 for the July 21 issue.

All items must be in writing. Information for *What's Happening* may be sent by inter-office mail to the Public Information Department, by email to FILIPL, or by fax to 871-6212.

Available late June. Resident owner. Call 874-4028.

Cozy, quiet 1 BR available mid-June 315 Brackett St. Heat, HW and electricity incl. Lease, sec dpst, refs, Cat OK, parking. \$550/mo. Call 671-4276 or 693-3463.

WANTED

Waterfront camp near Mt. Katahdin, first week of August. 4 adults, 2 kids, 1 dog. Call 767-4272.

Three student nurses for a stoke victim work study program. Room and board provided for services. Call 772-9595 FMI.

SERVICES

Odd jobs. Interior & exterior painting. Free estimates, references, insured. Call 657-6345.

Journey to Excellence

Do you have questions, ideas, or comments? Call the Journey to Excellence voice mailbox. Dial 871-6996 and follow the prompts. The mailbox is 10035. Or send an email to "journey".

What's Happening?

at Maine Medical Center

All Healthviews. Comm.

month TV Network TV 4,
Thursdays, 1400 and
2000 hours; Fridays,
0700 hours.

June 16 FRESHSTART group
See p.2 begins. 1600 hours. Call
871-2662.

June 23 *Maine OnHealth* airs on
See p.1 Maine PBS, 2000 hours.

July 14 Ethics Forum, 1500
See p.6 hours.

Aug. 7 MMC Family Practice
See p.2 Center Block Party.

Southern Maine Prostate Cancer Support Group

Meets the 2nd Tuesday
of each month in the Dana
Center, 1830--2030 hours.

Men seeking support
and information
from men who have dealt
with prostate cancer are
welcome.

Guest speakers.

GRANT, FROM P.4
and vaccines.

For more information on the
Women's Health Program or to
receive a course schedule,
please call 885-8570.

Ethics at the Center

The Ethics Confidential Helpline is available
for your questions and concerns.

Call the Helpline at 871-4646.

Or, you may contact Ethics Implementation Committee Chairman

Mike Swan, 871-2944 or

Mary Kohanski, Associate Vice President for Human Resources, 871-2964.

NEW EMPLOYEES

CARDIOLOGY: Erin Grennier

CENTRAL REGISTRY: Erin Ivers, Tri Nguyen, Barbara Oppliger

CENTRAL SERVICES DEPARTMENT: Barbara MacLeod

ENVIRONMENTAL SERVICES: Sarah Lemont, Beletu Abebe Smith,
Scott Gilson

FINANCIAL SERVICES: Karen Marsh, Daniel Moynihan

FOOD SERVICES: Stephanie Fitzgerald, Greg Grassi

HUMAN RESOURCES: Gerald Bussewitz

NURSING: Megan Abele, Christine Bangs, Patricia Bowden, Connie
Brick, Karyn Chadbourne, Susan Gauthier

PHARMACY: Katherine Contois

SURGERY: Martha Hawkins

SURGICAL ASSOCIATES: Gene Grindlinger

Employee Health Office

7 Bramhall Street, Suite G

Office hours are

Monday--Friday

0730-1600 hours,

by appointment only.

Please call 871-4011

to arrange your visit.

What's Happening? is published
every other week at Maine Medical
Center for members of the hospital
community and for friends of the
institution throughout Maine and
northern New England. Comments,
questions, and suggestions may be
addressed to the Office of Public
Information, MMC, 22 Bramhall
Street, Portland, Maine 04102-
3175. (207) 871-2196. Editor:
Wayne L. Clark.

☐ Change name or address as
shown on address label.

☐ Remove my name from
your *What's Happening?*
mailing list.

Please return this address label
in an envelope to the Public
Information Department.

What's Happening?

MAINE MEDICAL CENTER 22 BRAMHALL STREET PORTLAND, ME 04102-3175